

Events, Workshops & Info

<u>Foot Care Clinic</u> 2nd Tuesday 2nd & 4th Wednesdays 8:30 am - 3:30 pm By Appointment	<u>Massage Therapy</u> 1st Monday of each Month 9 am - 2 pm By Appointment	<u>Ikebana Demonstration</u> Thursday, April 14th 6 - 7 pm Sogetsu style Ikebana by Megumi Schacher	<u>Senior Rights Assistance (SRA) Experts</u> 4th Tues . Each Month 9 - 11 am
<u>Tuesday Afternoon Father's Day Dance</u> Tuesday, June 14th 2 - 4 pm Come listen to the music of Sounds of Swing Big Band!	<u>Bellevue EZ Rider</u> New program offering free bus service for seniors in East Bellevue. Flyers at the front desk.	<u>Legal Clinic</u> Eastside Legal Assistance Program Second Thursday 2 - 4 pm Appt. call 425-747-7274	<u>Mother's Day Luncheon</u> Wed., May 11th 11:30 am - 1 pm Celebrate Motherhood!
<u>Afternoon Parent/Child Drop-In Play Group</u> Monday 3 - 5:30pm Wednesday 11 am-1:30 pm Thursday 12 - 4 pm	<u>Tuesday Afternoon Mother's Day Dance</u> Tuesday, May 10th 2 - 4 pm Come listen to the music of Sounds of Swing Big Band!	<u>AARP Driver Safety</u> Tuesday & Thursday April 5 & 7; June 7 & 9 9 am-2 pm	<u>SHIBA</u> (Statewide Health Insur- ance Benefits Advisors) 1st & 3rd Wednesdays each month, By Appt 9, 10 & 11 am
<u>Senior Nutrition Lunch Program</u> Lunch served at noon Mon., Tues., Wed. & Fri. Age 60+: Sug. Donation \$3; Under 60: \$5.75	<u>Father's Day Luncheon</u> Wed., June 15th 11:30 am - 1 pm Celebrate Dads!	<u>Independence Day Luncheon</u> Wed., July 6th 11:30 am - 1 pm	<u>Saturday Summer Solstice Dance</u> Saturday, June 18th 7 - 11 pm Dance lesson by USA Dance 7:30-8:15pm

Trips



<u>Maifest in Leavenworth</u> Saturday, May 14th th 9 am - 6 pm	<u>"New Day NW" KING TV Show</u> Wed., May 18th 8:30 am- 12:30 pm	<u>Seattle Mariners Baseball Game</u> Friday, June 17th 6-11 pm	<u>Out to Lunch @ Stanley & Seafort's</u> Tues., June 14th 10 am - 2 pm
<u>Kiana lodge Salmon Bake Cruise</u> Wednesday, May 25th 9:30 am - 4:30 pm	<u>Skagit Casino</u> TUESDAY, MAY 3RD 9 AM - 5 PM	<u>Out to Lunch Bunch @ Palisade</u> Thur., June 2nd 11 am - 2 pm	<u>"Jesus Christ Superstar" @ Village</u> Saturday, June 25th 1 - 5 pm
<u>Out to Lunch Bunch at Red Lobster</u> Thursday, May 5 th 11 am - 3 pm	<u>Red Wind Casino</u> Thursday, May 26th 9 am - 5 pm	<u>Afternoon Tea and Locks Cruise</u> Wed., July 6th 2:30 - 7 pm	<u>Lucky Eagle Casino</u> Tuesday, June 7th 9 am-5 pm
<u>Out to Dinner @ Bucca di Beppo, Seattle</u> Wednesday, June 22nd 4 - 7 pm	North Bellevue Community Center 4063 - 148th Avenue NE, Bellevue WA 98007 Phone 425-452-7681 Fax 425-882-1968 www.bellevuewa.gov www.myparksandrecreation.com		



North Bellevue Community Center

425-452-7681 Hours: Mon.-Fri. 8:30 am-9 pm Sat. 9 am-4 pm

Spring Classes

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Billiards 8:30 am-8:30 pm Ping Pong 8:30 am-10 am (additional time if available) Pickleball 8:30-10 am Advanced Yoga \$ 10-11 am Gentle Yoga by Wendy \$ 10:30-11:30 am ESL for Spanish Speakers 11 am-noon Tai Chi (Spanish) 11:15am-12 pm Line Dance \$ 11:45-12:45 pm Parent/Child Drop-In Play \$ 3-5:30 pm Jazzercise \$ 6-7pm	Billiards 8:30 am-8:30 pm Ping Pong 8:30 am-10 am (additional time if available)) Enhance Fitness \$ 9-10 am Computer Class \$ 10 am-12 pm Indian Fellowship 10:30 - 11:30 Beginning Tap Dance \$ 11 am-noon Intermediate Tap Dance \$ 12:15-1:15 Computer Class \$ 12:30-2:30 pm Sound of Swing Big Band Practice or Second Tuesday Dance (\$3) 2-4 pm Jazzercise \$ 4:30-5:30pm 5:45-6:15 pm Swing I \$ 7-7:55 pm Swing II \$ 8-8:55 pm	Billiards 8:30 am-8:30 pm Ping Pong 8:30 am-10 am (additional time if available) Mandarin ESL Newspaper Group 9:30-10:30 am Tai Chi Practice 9:30-10:30 am Pinochle 10-3:30 pm Red Cross Knitting Group 11am-3pm Chinese Chorus 10:30-12 pm Parent/Child Drop-In Play \$ 11 am-1:30 pm Duplicate Bridge\$ 12:15-3:30 pm CISC Dance \$ 1 - 2:45 pm Mah Jongg 1-3 pm Ageless Actors \$ 1-3 pm Mandarin Exercise 1-2 pm Pickleball \$ 3-5 pm Jazzercise \$ 6-7 pm Drop-In Craft Group \$ 6-8:30 pm	Billiards 8:30 am-8:30 pm Ping Pong 8:30 am-10 am (additional time if available) Enhance Fitness \$ 9-10 am Cribbage 10 am-12 pm Computer Class \$ 10 am-12 pm Pinochle 12 - 3 pm ESL for Chinese Speakers 10-11:30 am Gentle Yoga by Wendy \$ 10:30-11:30 am Parent/Child Drop-In Play \$ 12 - 4:00 pm Computer Class \$ 12:30 - 2:30 pm Drop-In Painting 1-3 pm Jazzercise \$ 4:30-5:30 pm 5:45-6:15 pm	Billiards 8:30 am-8:30 pm Ping Pong 8:30 am-10 am (additional time if available) Enhance Fitness \$ 9-10 am Latino Senior Exercise 10-11 am Tutoring for Spanish Speakers 10-11 am Chorus 10:30-11:45 am Line Dance \$ 11-12 pm Tai Chi (Spanish) 11:15am-12 pm Duplicate Bridge \$ 12:15-3:30 pm ESL/Spanish Speakers 11-12 pm Pickleball \$ 3-5 pm	Jazzercise \$ 8-9 am Tai Chi QiGong \$ 9-10 am Register for classes and events at the front desk or over the phone by calling 425-452-7681 or online at www.myparksandrecreation.com  See Reverse for Upcoming Workshops and Events!
 "This information will be provided in alternate formats for individuals with disabilities upon request. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service" 425-452-7681 